



IRFU Game Variations: Women's Rugby

	Women's Adult Rugby		Age Grade Rugby GIRLS		Mini Rugby		
	Div 1	Div 2	U17 to U19	U13 to U16	Stage 3	Stage 2	Stage 1
Match Duration	80 mins	80 mins	U18 & U19 -70mins U17 - 60 mins	60 mins	Max. 40 mins	Max. 30 mins	Max 30 mins
Injury time	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Extra time	Yes	Yes	No	No	No	No	No
Ball size	5	5	5	4	4	3	3
Lineout: Pre-grip	Yes	Yes	Yes	No	No	No	No
Lineout: Lifting	Yes	Yes	Yes	No	No	No	No
Scrum: Pushing	Yes	1.5m only	1.5m only	1.5m only (U13 & 14 uncontested)	1 Step - No push	1 Step – No Push	1 Step – No Push
Scrum: Wheeling & reset	90 Degrees & Lose Possession	45 Degrees & Reset	45 Degrees & Reset	45 Degrees & Reset	No Wheeling	No Wheeling	No Wheeling
Ruck & Maul Use it or Lose it	Ruck – No Maul - Yes	Ruck –No Maul - Yes	Ruck – No Maul - Yes	Ruck – No Maul - Yes	5 seconds “Use or Lose”	5 seconds “Use or Lose”	5 seconds “Use or Lose”
Discipline: Yellow card	Yes	Yes	Yes	Yes	No	No	No
Discipline: Red card	Yes	Yes	Yes	* See below fro U13	No – Compulsory Substitutions Only		
Substitutes: Front row cover	See Law 3.5	See Law 3.5	See Law 3.5 U19 Variations	See Law 3.5 U19 Variations	Yes – Roll on Roll off Substitutions		
Substitutes: Blood	Yes	Yes	Yes	Yes			

* U13 - Player may be sent off – But compulsory substitutions to ensure the same numbers on the pitch at all times.

Discipline:

Incidents where players are ordered off (foul play) or been compulsory substituted (U13) must be reported to the Branch for disciplinary procedures (if required). Clubs are responsible at all times for the behaviour of their players/ coaches and spectators.